

(b) draw w 2-stp  $\frac{1}{4}$  t.

do- stp draw to L 1.2. }  
" " " R 3-4 } 1

2-stp  $\frac{1}{4}$  T. (quick) 1x2  
" " " 3x4

stp draw L 1.2 }  
" " R 3-4 } 1

2-stp  $\frac{1}{4}$  T } 1  
" " " }

C. 1. 4 stp fwd = 1  
ST " 1 }  
2. Side-close \* 2  
Stp blow 3-c 3x4 }

do (C) 2 more time = 2

stp draw L } 1  
" " R }

$\frac{1}{4}$  t. L. 1x2 }  
" " " 3x4 }

stp draw L } 1  
" " R }

$\frac{1}{4}$  t. L. 1x2 }  
" " R. 3x4 }

8 moves

5. Open Positions - do 4 stps fwd. 1.2.3.4. Press  
hd of st. hd. again' partner's bk to lead into open  
pos. as u do 2 more stps ahead 1.2.

do side-close to L. 3-4. & as u do this side the  
press fingers of leading hd (it) again' partner's bk  
& returned 2 closed pos.

f =  $\frac{1}{4}$  T. L. to open

450 f = ... to close.

## Lesson 0th

### 1. Wally Combination -

- (a) 2 W. steps fwd 1. 2. 3., 1. 2. 3. } 2
- (b) Step fwd L. R. R. fwd. 1. 2. 3. } 2  
 " skw R " L skw 1. 2. 3. } 2
- (c) T. L. toe out & make  $\frac{1}{4}$  T. L. as "do" 1 W step. Make  
 rather  $\frac{1}{4}$  T. L. as u do 1 more W step 1. 2. 3. 1. 2. 3. } 2
- (d) Step L skw. Draw R & L. 1. 2. 3. } 2  
 " R " " L " R. 1. 2. 3. } 2
- (e) do 2  $\frac{1}{4}$  T. as in (c) - 2 meas.
- (f) " 1 W. fwd L 1. 2. 3. }  
 Slip skw R. ft. 1. 2. } 2  
 Rock fwd on L. 3. }  
 do 1 W. R. 1. 2. 3. }  
 Slip bk on L. 1. 2. } 2 meas.  
 Rock fwd on R. 3. }
- (g) do 1 W. box - 2 meas.  
 16 meas.

### 2. Wally Canter - Take 1 st. fwd L. then take 2 ct.

Step fwd R. 1 ct. There is a smooth rising of B. on L. toe as it. ft. brought fwd. to catch.  
 Code: - 1. 2. 3. Note: - There is a smooth L. tho' the L. toe as the it. ft. moves fwd. for ct. 3.

Practice: - (a) Start L. do 8 canter steps fwd. Start R. do 8 canter steps fwd.

- (b) do 1 canter step L. 1. 2 - 3 (1 meas.)  
 " " W. " L. 1. 2. 3 ( " " )  
 " 1 canter R. 1. 2. - 3  
 " 1 W. R. 1. 2. 3.

Continue in this manner.

3. do No 1 (a) (b) (c) (d) (e) (f) & add to it 451



1 center L. (2-3)

1 W step L (1.2-3)

Repeat whole of 3. Starting w R ft. & T. & R on  $\frac{1}{4}$  t.

4. X-over Step - Do 1 step to side w L ft. Close w R ft.  
Cross L ft. over in front of it & st. on it. Repeat  
to it. side.

Practice:-

(a) 1 step side L.

Close R & L.

X-step w L. ct 12-34.

Step to side R.

Close L. " R.

X step w R. ct 1-2. 34.

Continue -

(b) The same as (a) but in quick rhythm. So that  
ct. will be 1 & 2, 3 & 4 for 2 patterns.

Notice when L ft crosses in front there is a  $\frac{1}{4}$  t.  
R & when R ft crosses there is a  $\frac{1}{4}$  t. Lt.

Leadw - Press w h. of R fd. So that part L  
shld. touches leadw L shld. This is pos. for L  
to cross over to R. For cross over R. to Lt. side -  
lift the Lt. elbow higher.

# Creative Dancing.

## Lesson I

### 1. Warming up exercises.

(A) Running forwards and backwards in large circle, to the command "Ha", arms outstretched to the side. Shoulder level, head erect.

- Walking in above manner.

- Skipping " " "

2. Striding step - with knee bent reach as far forward on the foot and lean the body forward, head erect, back straight.

## Lesson II

### 1. Warming up Exercises (A) ↑

2. (B) Conducting - one girl does the conducting & is in charge of the rest of class. Class divided into as many groups desired. Each group works & either ( $\frac{4}{4}$ ,  $\frac{3}{4}$ ,  $\frac{2}{4}$  time). Dancing done with one or both hands.

## Lesson III

### 1. (B) Muscle control.

Sitting on the floor feet straight in front. Lift heels off the floor and bend toes back & forth. Bending to the floor feet out to the side, back straight.

Sitting legs apart & knees bent, hand on thigh bone, other arm raised, elbow bent, above the shoulder level. Hip contracting & twisting at the waist.

### 2. Conducting - B style.

### 3. Leaping across room for height & distance.



### Lesson IV

1. Warming up exercise - A.
2. Muscle strengthening exercises.
3. Conducting.
4. Making up dances in 3's.

### Lesson V

1. Warming up exercises - A.
2. Muscle control & strengthening exercises.
3. Clapping the correct beats & people's names.
4. Hoorsening exercise - from head & toes.
5. Practice dance steps - long sweeping movements with extended arms & twisting the body around.

### Lesson VI

1. Warming up exercises - running & leaping.
2. Muscle control & strengthening exercises especially the parts of the pelvis.
3. Hoorsening from head & toes.
4. Mezurka Step - 3 counts, step, hop, hop, first on 1 foot then on the other, the body sways from R. L. carrying the arms up with it.
5. Leaping - stamp, leap, run, run, etc. in 3's across room.

### Lesson VII

1. Warming up - running.
2. Relaxing & tightening different parts of body.
3. The Viennese Waltz - Step R, step L, & turn & draw R foot up to L. Back L, turn R & draw L foot up to R. Continue alternately beginning first R & L feet.

### Lesson VIII

1. Warming up - Chairs spaced irregularly around the room. To music run from 1 chair



to the next taking 8 steps. This demon-  
strates, rhythm, dynamics & space.

2. Lumbering up & rhythmic band.

3. Muscles cont'd ex. - previous ones.

+ thigh lifting & leg extending & leg lifting  
in the front, back rounding, arms extending  
in the front. Then sit up & all limbs go back  
to 1<sup>st</sup> position.

4. Leaping - Step, leap, run, run, etc. 15' to 20'

## Lesson IX

1. Rhythma - throwing  $\left\{ \begin{array}{l} \text{apples - whole notes} \\ \text{oranges - } \frac{1}{2} \text{ " } \\ \text{lemons - } \frac{1}{4} \text{ " } \end{array} \right\}$  to

different changes of music, containing notes.  
Clapping hands on silent beats &  
walking around in circle in time to  
music having whole,  $\frac{1}{2}$  &  $\frac{1}{4}$  notes.

2. Warming up jumping extending toes.

3. Muscle control ex. - sitting on floor

- hip contracting & expanding

- thigh raising.

leg extending.

- " Lifting, extending & with arms.

4. Dance Movements - Leg swinging in circles while balancing on the other. Leg swinging back & forth.

Lesson X

He coming up; step, hop, etc round room

Muscle Ex- on floor.

Dance step - Waltz - 1-2,3, whole step forward  
& whole step back alternately.

heaping - step leap, run, run, etc.

Jumping - feet 2 - either - 4 jumps on L - 4 on R.  
AS high as possible

Lesson XI.

Warming Up - Hopping 8 to 6 counts <sup>while</sup> around in a circle just with l. foot, R. is extending & visa versa, alternately, travelling along the floor. Also with 3 counts.

Muscle Control - sitting on floor as previously.

horse jumping - for height.

Leaping - run, run, run leap, step leap, run, run. Working to perfect this into a smooth motion with a great deal of height.



## Creative Dancing.

### Lesson I.

#### I. Warming up exercises.

- (a) Running forwards and backwards in large circle, to the command "Ha,", arms outstretched to the side. Shoulder level, head erect - Walking in above manner.  
Skipping in above manner.
2. Striding step - with knee bent reach as far forward on the foot and lean the the body forward, head erect, back straight.

### Lesson II.

#### I. Warming up Exercises. A (above)

- 2.(b) Conducting - one girl does the conducting and is in charge of the rest of class. Class divided into as many groups desired. Each group works to either (4/4, 3/4, 2/4, time). Directing done or both hands.

### Lesson III.

#### I. (b) Muscle control.

Sitting on the floor feet straight in front. Lift heels off the floor and bend toes back and forth. Bending to the floor feet out to the side, back straight.

Sitting legs apart and knees bend, hand on thigh bone other arm raised, elbow bent, above the shoulders level.

Hip contracting and twisting at the waist.

2. Conducting - B style.
3. leaping across room for height and distance.

### Lesson IV.

1. Warming up exercise - A.
- Muscle strengthening exercises.
3. Conducting.
4. Making up dances in 3's.



#### Lesson V.

1. Warming up exerices - A.
2. Muscle control and strenthing exerices.
3. Clapping the correct beats to people's names.
4. Lossening exerices - from head to toes.
5. Practise dance steps - long sweeping movements with extended arms and twisting the body around.

#### Lesson VI.

1. Warming up exerices - running and leaping.
2. Muscle control and strenthing exerices, especially the parts of the pelvis.
3. Lossening from head to toes.
4. Mezurka Step - 3 counts, step, hop, hop, firston I foot then on the other, the body sways from R - L, carrying the arms up with it.
5. Leaping - stamp, leap, run, run, etc., in 3's across room.

#### Lesson VII.

1. Warming up - running.
2. Relaxing and tighting different parts of body.
3. The Viennesian Waltz - StepR, step L, and turn and draw L foot up to R. Continue alternatly beginning first R and then Lfeet.

#### Lesson VIII.

1. Warmindg up - Chairs spaced irregularly around room -  
To music run from I chair to the next taking 8 steps.  
This demonstrates, rhythm, dynamics, and space.
2. Limering up to rhythm band.
3. Muscles control ex. - previous ones plus thigh lifting

- and leg extending - leg lifting in front, back rounding, arms extending in front. Then sit up and all limbs
- 4 go back to 1st position.
4. Leaping - step, leap, run, run, etc.

#### Lesson IX.

1. Rhythmn - throwing (apples - whole note)  
(oranges -  $1/2$  note) to  
(lemons -  $1/4$  4 note)

different changes of music, continuing notes.

Clapping hands on silent beats and walking around in circle in time to music having whole,  $1/2$  and  $1/4$  notes.

2. Warming up - jumping extending toes.
3. Muscle control ex. sitting on floor:  
- hip contracting and expanding.  
- thigh raising.  
- leg extending.  
- leg extending, lifting, and with arms.
4. Dance Movements - Leg swinging in circles while balancing on the other. Leg swinging back and forth.

#### Lesson X.

1. Warming up; step, hop, etc., round room.
2. Muscle ex. - on floor.
3. Dance step Waltz I - 2, 3, whole step forward and whole step back alternately.
4. Leaping - step, leap, run, run, etc.
5. Jumping - feet together - 4 jumps on L - 4 on R.  
(As high as possible).

#### Lesson XI.

1. Warming up - Hopping to 6 counts around in a circle just with L. foot while R. is extending and vice versa, alternately, travelling along the floor. Also with 3.
2. Muscle control - sitting on floor as previously.
3. Loose jumping - for height.